OKANAGAN RETREAT
AL FRESCO DINING AND WINE THERAPY IN B.C. {page 10}

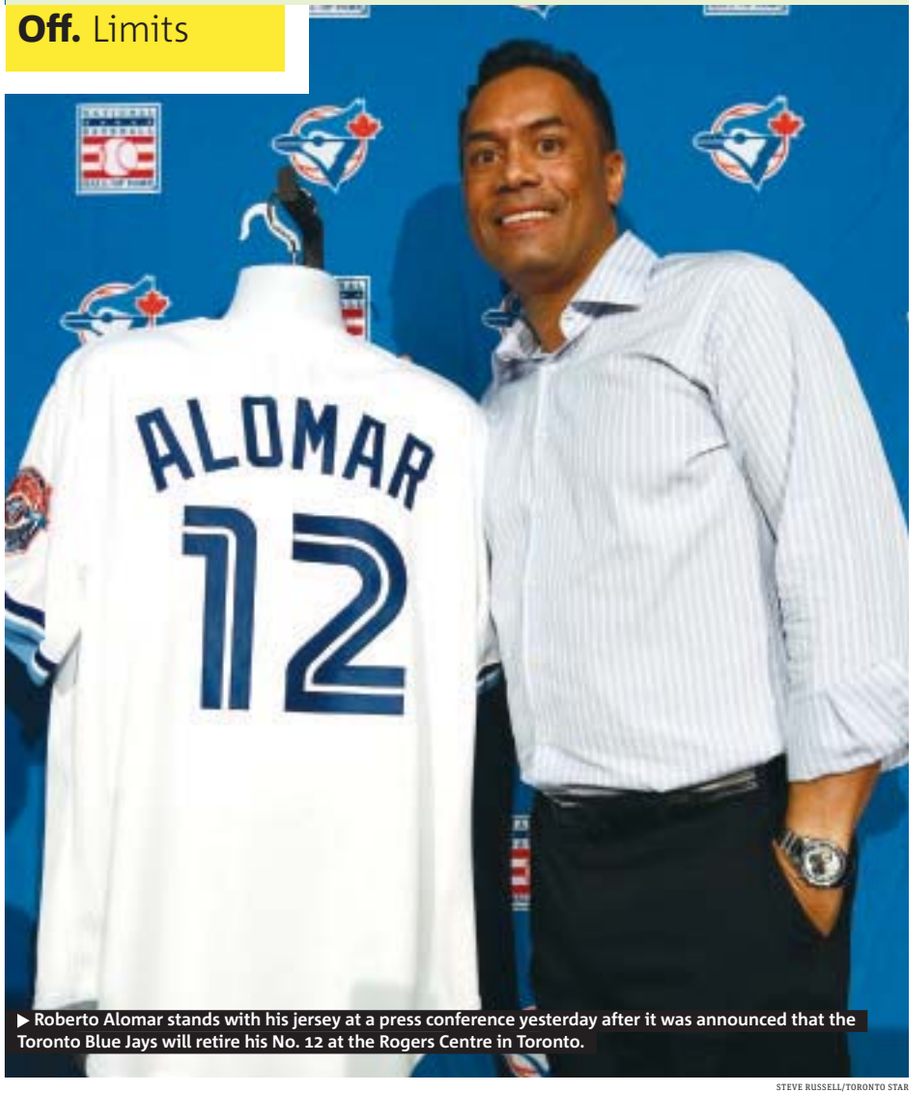
RYDER
CANADIAN POWERS TEAMMATE TO VICTORY {page 14}

LONDON metro®

Wednesday, July 20, 2011
www.metronews.ca

News worth sharing.

Off. Limits



▶ Roberto Alomar stands with his jersey at a press conference yesterday after it was announced that the Toronto Blue Jays will retire his No. 12 at the Rogers Centre in Toronto.

STEVE RUSSELL/TORONTO STAR

Alomar ceremony will be a Jays first

The former second baseman's number will be retired at a ceremony before the Jays' July 31 home game with the Texas Rangers. Alomar dazzled Blue Jays fans throughout his five-year career in Toronto, helping the team win back-to-back World Series titles in 1992 and 1993. It will be the first time the Blue Jays have retired a number worn by one of the team's players in its 35-year history. "This is an honour that I was not expecting," Alomar said in a statement.

There's no ditchin' this hot kitchen

◗ Great Greek Souvlaki cook drinks at least 10 half-litre bottles of water a shift to endure sweltering heat ◗ Shares stay-cool tips

As the temperature starts to rise, so often do the complaints. Not only can hot weather cause sweaty necks and faces, it can turn mild-mannered people into irascible grumps.

Try telling someone "it's not the heat, it's the humidity," and see if you have any friends by the end of the day.

Many Londoners can take refuge in air-conditioned facilities to beat this oppressive heat, but there are quite a few who suffer without air conditioning during the workday.

▶ Alysha Smithers

Like Alysha Smithers. She spends her workdays toiling in a hot kitchen that makes the outside temperature seem almost cool by comparison.

"On any given day, the temperature's about 20 degrees hotter in (the kitchen) than it is outside," Smithers said. "If we're looking at a (humidex of 38), we're looking at (58 or 60) degrees in this kitchen."

Smithers works five nine-hour shifts per week. Besides trying to limit the amount of time she spends at the oven and deep fryer, she's learned a few tricks to stay cool during heat waves.

"We try to drink as much water as we can," she said. "Everyone needs to keep themselves hydrated. Stay away from sugary drinks. If you've got something cold you can wrap around you — like a wet towel. That works really well too."

MIKE ARSENAULT

Hydro feels the heat {page 2}

Heat alert expected to last all week

The Middlesex-London Health Unit issued a heat alert to go along with a humidex advisory.

It was the third heat alert of the summer, and it's expected to last through the week with temperatures forecast to remain in the mid-to-high 30s for the next several days.

Environment Canada is predicting a high of 38 C tomorrow. With the humidex, it may feel closer to 46 C. AM980/AM980.CA

1 news

News that should surprise no one. You can do yoga on a giant surfboard in Seattle. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca

Google Street View's new trike camera makes its Canadian debut in Toronto. Video at metronews.ca

Follow us on Twitter @themetrolondon

31 guards charged in London after police sweep

Provincial police have laid charges in an investigation of security guards in London and Brampton.

Several establishments in the two cities were investigated late last week.

Charges laid include working as an unlicensed security guard, employing an unlicensed security guard and failing to wear a uniform. A total of 31 charges were laid in London and 82 in Brampton.

In London, the majority of the charges were either for working as an unlicensed security guard (11) or employing an unlicensed security guard (11).

Persons convicted of working as unlicensed security guards are subject to a maximum fine of $25,000 and up to one year in custody. **AM980/AM980.CA**

Cops seize large stash of marijuana bud in car

Three London men face drug charges after police say they found two of the suspects in a vehicle around Windermere Road and Adelaide Street with three bags of marijuana bud, weighing almost 42 pounds.

A subsequent search warrant at a Highbury Avenue North address led to charges against the third man. Robert Cao, 23, Jason Carpenter, 32, and Steven Johnson,32, face drug charges. **METRO**

Summer. Bouquet

▶ Michelle Kolecki prepares a bouquet at Esther's Flowers and Gifts in the Covent Garden Market yesterday afternoon. She has worked at the flower shop since December and will be entering her second year at the University of Western Ontario in September to pursuing a degree in geography.

MIKE ARSENAULT/FOR METRO

Taking time to smell the flowers — while it lasts

Trying to keep chill puts the heat on hydro

Province has set usage record for the year during heat streak City could top usage milestone if high temperatures persist: London hydro

It may be tempting to crank up the air conditioning on hot, humid days like London has been seeing, but for every degree cooler your house is, the more strain is placed on our hydro grid, suppliers and operators say.

Alexandra Campbell, spokesperson for the Independent Electricity System Operator, said usage across the province continues to climb.

"(Monday) we set our peak for the year. That number was 23,892 megawatts, and that will only get higher towards Thursday as the heat and humidity continue," she said.

But it's still a far cry from the record of more than 27,000 megawatts set five years ago.

The latest figures from London Hydro this week show that the Forest City used 667 megawatts of power. That's below the record, set in August 2006, of 719 megawatts.

London Hydro spokesperson Nancy Hutton said London might be close to topping it.

"If we get three or four days of hot, humid weather with little cloud cover, we could easily exceed that number," Hutton said.

Hutton offered these tips to stay cool without using too much energy: run appliances at full capacity, use window shades to reduce or block sunlight and if you must use air conditioning, turn it up to 26 C. **AM980/AM980.CA**

Playgrounds closed

- The City of London announced it has cancelled all free playground sites on Thursday.
- City said staff will be on site for the first 45 minutes of any scheduled programs to ensure no child is dropped off and stranded.
- All day camps will continue to run as scheduled.
- Outdoor tennis lessons were also cancelled for tomorrow. **METRO**

Province to look into ads' funding

Ontario is looking into whether American money is being used in contravention of election laws to pay for television advertisements attacking the McGuinty government, Finance Minister Dwight Duncan said yesterday.

The Canadian Transit Company is paying for the ads that accuse Ontario's Liberal government of wasting billions of dollars on an unnecessary and unwanted new bridge linking Windsor and Detroit.

The company describes itself as the Canadian half of the Detroit-based firm that owns the Ambassador Bridge joining the two cities. Ontario's election finances law allows third parties to buy and air campaign advertising, but not foreign companies. **THE CANADIAN PRESS**

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Dwight Duncan

News in brief

Give abortion stance, McGuinty urges Hudak

OAKVILLE, ONT. Premier Dalton McGuinty is urging Opposition Leader Tim Hudak to come clean about his stance on abortion.

Hudak appears to be shying away from his previous anti-abortion stance, saying he doesn't plan to re-open the issue if he wins the Oct. 6 vote. **THE CANADIAN PRESS**

A street to honour a soldier

TROOPER WILSON. It still has to be approved by city council, but it looks like London will be getting a new street that honours a fallen local soldier: Trooper Wilson Place. **AM980/AM980.CA**

‘I was too trusting’: Murdoch

Summoned by British lawmakers yesterday to account for a phone hacking and bribery scandal, Rupert Murdoch said he was humbled and ashamed but accepted no personal responsibility, insisting he was at fault only for trusting the wrong people at a now-defunct tabloid that made up a tiny portion of his vast media empire.

The 80-year-old media tycoon endured a three-hour grilling from lawmakers and escaped attempts to draw to tar him with individual blame for the scandal that has rocked his empire.

The scandal has become a page-turner of a drama, with scenes of private detectives hacking phones, cops being bribed for news tips, politicians being wined and dined and a murdered teenager whose phone messages were intercepted. And only a fraction of the nearly 4,000 people whose information was hacked are known and the police investigation appears to be widening.

“This is the most humble day of my career,” said Murdoch.

He said he lost sight of News of the World because it is such a small part of his company and spoke to the editor of the paper only around once a month.

James Murdoch, 38, apologized for the scandal, telling British lawmakers that “these actions do not live up to the standards our company aspires to.” THE ASSOCIATED PRESS

On the web

For more coverage, go to metronews.ca/hacking.

- **Video.** Prankster tries to throw a foam pie, splattering Rupert Murdoch’s suit jacket before the media tycoon’s 42-year-old wife springs to his aid, slapping the man, who was quickly arrested.
- **Text.** Rupert Murdoch’s full statement to U.K. lawmakers.
- **Reaction.** Twitterverse reacts to the antics. **@kbeninato:** “News is turning focus on Murdoch’s pie fighting wife, instead of hacking. It’s like they’re jangling keys at viewers and it’s working. #notw”

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

▶ A protester wearing a Rupert Murdoch mask is photographed by media outside parliament in London yesterday.

Journalist’s death ‘not suspicious,’ say police

HANDOUT

▶ Sean Hoare

Sean Hoare said he was told to stop at nothing to deliver celebrity scoops for the Sunday papers, and he delivered some of the most sensational.

Hoare’s death this week added another tragic twist to the very scandal he helped bring to light.

Police discovered Hoare’s body at his home north of London on Monday. They said yesterday a post-mortem found no evidence of outside involvement, calling it “non-suspicious.” Police said they are awaiting the results of further toxicology tests on Hoare’s body, which could take weeks. THE ASSOCIATED PRESS

Quotes of the day in response to lawmakers

Key figures in Britain’s phone hacking scandal faced questioning yesterday from lawmakers seeking to uncover the extent of criminality at Rupert Murdoch’s News of the World tabloid.

The proceedings shifted in tone following an attempted pie-in-the-face on Rupert Murdoch.

Here are some quotes:

THE ASSOCIATED PRESS

“This is not as an excuse.... I employ 53,000 people around the world who are proud and great and ethical and distinguished people, professionals in their work.”
RUPERT MURDOCH, MEDIA TYCOON

THE ASSOCIATED PRESS

“It’s a matter of real regret that the facts could not emerge and could not be gotten to, to my understanding, faster.”
JAMES MURDOCH, RUPERT MURDOCH’S SON

THE ASSOCIATED PRESS

“I have never paid a policeman myself. I have never sanctioned — knowingly sanctioned — a payment to a police officer.”
REBEKAH BROOKS, FORMER NEWS OF WORLD EDITOR

THE ASSOCIATED PRESS

“Your wife has a very good left hook.”
(After Murdoch’s wife slapped a protester who rushed her husband)
TOM WATSON, LAWMAKER

THE ASSOCIATED PRESS

“I’ve never hacked a phone, told anyone to hack a phone, or published any stories based on ... hacking ...”
(Twitter response to hacker accusation)
PIERS MORGAN, FORMER NEWS OF THE WORLD EDITOR

Teen charged in parents' murder

17-year-old charged as an adult
Alleged to have hosted party while bodies lay in bedroom

Neighbours in Port St. Lucie, Fla., knew Tyler Hadley as a polite and respectful teen — not as someone who could kill his parents and throw a party while their bodies lay in a locked bedroom.

The 17-year-old made his first court appearance yesterday after being charged in the killings of his parents, Blake and Mary-Jo Hadley, whom authorities say he bludgeoned with a hammer Saturday. A motive remains unclear.

While Hadley currently is charged with second-degree murder, prosecutor Tom Bakkedahl said it's all but certain a grand jury will indict him on more serious charges.

THE ASSOCIATED PRESS

Timeline

- As police tell it, Hadley's parents were attacked Saturday afternoon outside their bedroom, where their bodies were brought and covered with varied household items, and the door was locked.
- A party Hadley had posted on Facebook went on as planned, with as many as 60 guests having such a raucous time that police were called about 1:30 am with a noise complaint.
- Later, tipped off that a murder may have taken place, they returned to the home at about 4:24 a.m. Inside the master bedroom, they found the bodies.

DEBORAH SILVER/THE ASSOCIATED PRESS

▶ Police investigators at the Hadley murder scene in Port St. Lucie, Fla., about 50 miles north of West Palm Beach.

Israel seizes French ship heading for Gaza

ARIEL SCHALIT/THE ASSOCIATED PRESS

▶ An Israeli naval battle ship sails yesterday after escorting the vessel the Dignity al-Karama towards the port of Ashdod, Israel.

Israeli naval commandos yesterday seized control of a French ship attempting to break Israel's sea blockade of the Gaza Strip and towed it into port, reporting no resistance during the takeover in international waters.

The incident was the latest in a series of run-ins on the high seas between the Israeli navy and pro-Palestinian activists trying to breach the blockade. In the most contentious incident, nine Turkish activists were killed in a clash with Israeli commandos last year.

Yesterday's standoff was far more subdued. The navy intercepted the Dignity al-Karama some 65 kilometres off the coast and boarded the ship without incident after the crew ignored calls to change course.

"The takeover was orderly and done with restraint," the navy's deputy commander, Brig.-Gen. Rani Ben-Yehudah told reporters at the southern Israeli port of Ashdod. "Nobody was hurt and the ship wasn't damaged."

Among the activists on board was Stephan Corriveau of Montreal.

A Montreal-based organizer says he was in contact with Corriveau, the lone Canadian on the boat, until 3 a.m. Tuesday EDT.

"(It) was the last communication that anybody from the boat had with the outside world," Ehab Lotayef told The Canadian Press.

"At that point there were three Israeli navy boats surrounding the Dignity and the Dignity was in international waters, north of Al-Arish, Egypt."

Lotayef said the vessel was "at least 50 kilometres away from any Israeli organized territorial waters."

He says the plan is to launch more boats to challenge the blockade of Gaza "in a peaceful and non-violent manner, as the Dignity did."

THE ASSOCIATED PRESS

News in brief

DARRYL DYCK/THE CANADIAN PRESS

U.S. won't seek Quaid

REJECTED. A California prosecutor says U.S. officials have rejected a request to seek the extradition of actor Randy Quaid and his wife from Canada to face felony vandalism charges.

Authorities in Santa Barbara have sought the couple's return for months. Senior Deputy District Attorney Lee Carter says the U.S. State Department notified him last week that it would not pursue extradition.

The Quaids were accused of causing more than $5,000 in damage to a home they once owned.

THE ASSOCIATED PRESS

Accused, 97, acquitted of war crimes

HUNGARY. A Budapest court decided Monday that it lacked enough evidence to convict 97-year-old Sandor Kepiro of involvement in the deaths of 36 people, mostly Jews and Serbs, during a 1942 raid in the Serbian city of Novi Sad, then under Hungarian control.

Prosecutor Zsolt Falvai said he would appeal the aquittal.

THE ASSOCIATED PRESS

Town strips Hitler of citizenship

AUSTRIA. The city of Klagenfurt has joined other Austrian communities that have stripped Adolf Hitler of honorary citizenship.

The municipal council of the country's sixth-largest city voted unanimously yesterday to revoke the honour accorded to the Nazi dictator 73 years ago. THE ASSOCIATED PRESS

Non-profit called a front for Pakistani spy agency

For years, the Pakistani spy agency funnelled millions of dollars to a Washington non-profit group in a secret effort to influence Congress and the White House, the Justice Department said yesterday in court documents that are certain to complicate already strained relations between the U.S. and Pakistan.

FBI agents arrested Syed Ghulam Nabi Fai, the executive director of the Kashmiri American Council, yesterday and charged him with being an unregistered agent of a foreign government.

Prosecutors said the Kashmiri American Council was being run in secret by the Pakistani government.

The Pakistani Embassy quickly issued a statement saying the government had no knowledge of such an arrangement.

THE ASSOCIATED PRESS

LOS ANGELES COUNTY SHERIFF'S OFFICE/THE ASSOCIATED PRESS

▶ A Chihuahua attacks a thief in this photo taken from surveillance video at a California smoke shop.

Dog no match for robbers

Chihuahua runs after thieves Undaunted even when one points a rifle

Los Angeles County sheriff's deputies have released a video of a barking Chihuahua angrily chasing off robbers at an Altadena smoke shop.

The video, released Monday, shows two hooded men, one armed with a rifle, running into the Ace Smoke Shop on July 7 and demanding money.

As the store owner begins putting money in a backpack carried by one of the men, the owner's Chihuahua begins barking incessantly and jumping at the men, chasing them out of the store and down the street.

Neither the store owner nor the dog was injured.

To watch the video visit youtube.com/LACountySheriff.

THE ASSOCIATED PRESS

New Brunswick woman concocted sexual assault story: Police

A woman who said she was sexually assaulted by men at a Quebec rest stop, triggering a manhunt for two supposed assailants, is now accused of making the whole thing up.

The 21-year-old New Brunswick woman appeared briefly in court on yesterday in Quebec City, where her lawyer was granted a request for psychological evaluation of his client.

Her lawyer told the judge the woman suffered from mental health problems and wasn't properly medicated.

The woman was ordered to undergo an assessment and return to the court in one week. It will then be determined whether she is fit to be charged.

The Crown and the judge unanimously agreed to the woman's request.

She could be charged with one count of public mischief.

Quebec provincial police said the woman was arrested Monday after being questioned by police.

She had claimed that, early on June 21, she was held against her will and sexually assaulted at knife-point by two men in a wooded area near the rest stop.

The incident was alleged to have occurred near Quebec City, in St-Michel-de-Bellechasse.

Police investigated thoroughly and even released composite sketches of two suspects a week after the incident.

But Richard Gagne, a police spokesman, said detectives began to have doubts about her story as the investigation continued.

The suspect is a New Brunswick native who worked in Quebec.

In addition to the sweeping police manhunt, Quebec's transport department began looking into upgrading security measures at rest stops as a result of the incident.

THE CANADIAN PRESS

Man accused of videotaping customers

A 33-year-old New Glasgow, N.S., man has been accused of voyeurism for allegedly videotaping customers at a tanning salon.

The man was arrested Monday following a complaint to police from Cocoa Beach Tanning Salon.

The business alleged customers were being secretly videotaped when they thought they had privacy.

Police said images of individuals were found on an electronic device they seized.

The accused was remanded until an appearance in Pictou provincial court yesterday.

THE CANADIAN PRESS

An Important Notice for
Adult Ontarians Living with Diabetes

Living with diabetes is not easy, but managing it day-to-day really means taking good care of yourself.

There are three key tests that people living with diabetes should receive on a regular basis. They are:

- the **HbA1C blood glucose control test**, which patients should receive at least every six months
- the **LDL-C cholesterol test**, which patients should receive every year
- a **retinal eye exam**, which patients should receive every two years

The Diabetes Testing Report was created to help inform your primary care provider (physician or nurse practitioner in a Nurse Practitioner-Led Clinic) of when you last had each of these three tests.

People living with diabetes who are tested regularly are better able to manage their diabetes and avoid complications. The Diabetes Testing Report will help you and your primary care provider better manage your diabetes care by reminding him or her if you are overdue for an HbA1C test, LDL-C test or retinal eye exam, and it will encourage you and your primary care provider to talk about your diabetes care.

Protecting Your Privacy

In order to create the Diabetes Testing Report, your primary care provider may share personal health information, including your name, OHIP number, and date of birth, with the Ministry of Health and Long-Term Care (MOHLTC). He or she will also confirm whether you have diabetes. In response, the MOHLTC will share the most recent dates of each of the three tests with your provider. Your privacy is important, and you are not required to have your information included in this report.

Deciding Not to Share Your Information

You may decide that you do not want your primary care provider to disclose your information to the MOHLTC, and that you do not wish to be included in your provider's Diabetes Testing Reports. If you choose to withhold or withdraw your consent, this will in no way affect your relationship with your health care provider and he or she will continue to provide care to you.

If you wish to withhold or withdraw your consent to having your information disclosed by your primary care provider and in any Diabetes Testing Reports that MOHLTC sends to your primary care provider, call **1-800-291-1405 (TTY: 1-800-387-5559)**. If you have previously withheld or withdrawn your consent to have your information included on the Diabetes Testing Report, you do not need to withhold or withdraw your consent again. If you wish to reinstate your consent, you can do so by calling the number above.

In Ontario, the Personal Health Information Protection Act, 2004 (PHIPA) is the legislation that governs the collection, use, retention, and disclosure of personal health information by health information custodians, including MOHLTC and primary care providers. For more information about the collection, use, and disclosure of your personal health information for the purposes of the Diabetes Testing Report, call the numbers listed above. For more information about diabetes, visit **ontario.ca/diabetes**.

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Ontario

Health apps to get checkup

U.S. plans oversight of some medical applications for mobile devices
Guidelines will deal with apps that present a risk to patients

The U.S. Food and Drug Administration is taking steps toward regulating the rapidly expanding field of medical applications, or apps, for smartphones and other handheld devices.

With the rise of the iPhone, Android and other mobile devices has come a flood of apps designed to help people stay healthy. Industry analysts estimate there are already more than 17,000 medical apps available, ranging from calorie counters to programs that let doctors see medical scans on their phones.

The FDA says it will begin regulating a handful of these programs that pose the greatest risk if they don't work properly.

A draft proposal says the FDA will regulate apps that combine with medical devices such as heart monitors that transmit to a smartphone.

THE ASSOCIATED PRESS

Wi-Fi tablet still on track: RIM

Production of the wireless network version of Research In Motion's PlayBook tablet will go on as planned, despite rumours it was being scuttled.

In fact, RIM said yesterday that it has more rollouts planned for Southeast Asia, Western Europe and the Middle East in the coming weeks.

The Wi-Fi PlayBook is cheaper for consumers because it doesn't need a monthly data plan from a wireless carrier and connects to the Internet via short-range public or home wireless networks.

THE CANADIAN PRESS

JEFF CHIU/THE ASSOCIATED PRESS

▶ RIM's PlayBook

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 78.78 (13,332.92)	+ 0.88¢ (105.17¢ US)

Oil	Natural gas 1,000 cu ft
+ $1.57 ($97.50 US)	$4.56 US (+ 1.8¢)

Gold contract $1,601.10 US (- $1.30)

Canada's only money back bank account.

Earn 1% money back on all your debit purchases† and get unlimited self-service transactions with the new *Scotia Moneyback*™ Account.
Save by doing what you do everyday. Visit a Scotia branch and find out how.

letthesavingbegin.com

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† Conditions apply. Visit **scotiabank.com/moneyback** or a Scotiabank branch for full details.

Google. Street View

▶ Google unveils its new Street View tricycle in Toronto yesterday. The trike is rolling out across Canada.

VINCE TALOTTA/TORSTAR NEWS SERVICE

Google trike on a trek

Google's Street View trike goes where cars can't, such as university campuses, hiking trails and theme parks. Over the next two months, a cycling duo will photograph landmarks in the Toronto area. Plans are also afoot to photograph Vancouver and other Canadian cities.

Bank retains key rate

The Bank of Canada left its key overnight interest rate unchanged at one per cent yesterday, but suggested that continued growth in the Canadian economy will mean a hike in the near future.

Observers believe an increase could come as early as October. However, the European debt crisis and slow pace of growth of the U.S. economy could drag down the Canadian economy.

It's thought that the central bank will wait to see if its economic outlook is on track before moving to raise rates.

THE CANADIAN PRESS

Kodak retains patent

Apple Inc. has lost a second round in its dispute over a digital-camera patent against Eastman Kodak Co. The U.S. International Trade Commission yesterday affirmed a preliminary decision in May that Kodak's technology doesn't infringe on Apple's patent rights and that one of the two patents in dispute is invalid.

Kodak, the 131-year-old photography pioneer, is caught in a race to redefine itself in the cutthroat digital-imaging arena.

THE ASSOCIATED PRESS

Nashville spurns call centre after layoffs

A U.S. call centre company that laid off 1,200 Canadian workers — without warning, compensation or even their final paycheques — has lost a major deal with the City of Nashville.

Officials of the Tennessee capital said yesterday they were no longer in discussions with New York-based IQT Solutions to locate the business there.

Nashville had earlier said it would give the company $1.6 million in incentives to create 900 jobs in the city.

"We are dismayed about what happened in Canada and don't think workers anywhere should be treated that way," city official Matt Wiltshire said in a statement.

The Quebec and Ontario governments, meanwhile, are meeting the laid-off workers to see what can be done to help.

About 600 workers were laid off at offices in Oshawa, Ont., as well as 450 in Laval and 140 in Trois-Rivieres, Que., in a move that employees described as "savage."

Labour laws generally require employers to give two weeks' notice of a layoff and a minimum of four per cent of salary earned in the last year, generally considered vacation pay.

The Quebec labour board could take legal action against the company for not paying workers their outstanding wages and other money owed under Quebec laws on layoffs.

THE CANADIAN PRESS

Deal-breaker

- **The announcement by the City of Nashville** comes just one day after the mayor demanded an explanation for the abrupt sacking of the Canadian workers.
- **Quebec's Employment Minister**, Julie Boulet, says three companies have expressed interest in hiring the laid-off workers.

CAUGHT IN THE CHROMOSOME WITH A CAVEMAN

JUST SAYIN' ...

PAUL SULLIVAN
METRO

Well, this explains a lot.

Turns out there's a little caveman in all of us.

According to a team led by scientists from the University of Montreal, a piece of DNA that makes up part of our genetic structure definitely came from the Neanderthals. And that applies to everyone who did not originate in sub-Saharan Africa.

The Neanderthals, you'll recall from school and the funny pages, were those not-quite ready-for-prime-time near-humans who were rendered extinct by the vastly superior Cro-Magnons — that is, us.

Neanderthals were typically depicted as knuckle-draggers with low-sloping foreheads and a tendency to bash first and ask questions later. The story was they didn't have the intellect — or the looks — to overcome their fate.

"Discovery News, in an attempt to set the record straight, reports they possessed the gene for language and had sophisticated music, art and tool-making skills, and their cranial capacity was as large as or larger than the competition's. It all adds up to sexy and smart if you're a Cro-Magnon looking to hook up."

You'd better get in touch with your inner caveman, because there is conclusive evidence that our ancestors found their Neanderthal cousins attractive after all, maybe after a few fermented grain infusions, and those prehistoric boogie nights live on as part of our X chromosome.

The Neanderthals, like Britney Spears, were mainly victims of bad press. Discovery News, in an attempt to set the record straight, reports they possessed the gene for language and had sophisticated music, art and tool-making skills, and their cranial capacity was as large as or larger than the competition's. It all adds up to sexy and smart if you're a Cro-Magnon looking to hook up.

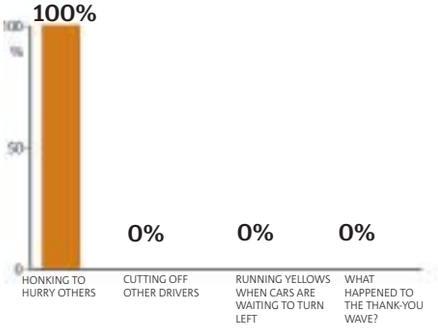
All this transpired between 30,000 and 50,000 years ago, which means that unless there are undiscovered cave paintings revealing exactly what happened, it's pretty much a matter of idle speculation, which has never stopped us before. You can bet, though, that despite all the sophisticated music and art, this smoking X chromosome is the result of some pretty dangerous liaisons: "No, you can't take her to the mastodon hunt. She's not your genotype."

Of course, this is a godsend for those of us looking around for someone else to blame. "It's not my fault I got rib sauce all over my shirt front. My X chromosome is nine per cent Neanderthal." For those of us who are politically correct, this is our cue to start feeling guilty for persecuting the Neanderthals. Obviously, they were here first. They invented fire. And in return, all we've ever done is steal their stuff, tell them sweet little lies and slander them in our textbooks. We've got a lot to answer for.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Register at metropolitanpanel.ca and take the quick poll

What's the worst discourteous driver habit?



Local tweets

- **@RitaDeBook:** Found out that 1 of the contest's winners is using her prize for @londonlibrary A Book for Every Child program. Gotta love #ldnont folk!
- **@antimony27:** @kantinalondon I need some Chocolate Chili Ice Cream!!! #ldnont #itssodamnhot
- **@beaumontpete:** @gadlammi7 - I'd take a shot of snow right now :) #powderup #heatwave #ldnont
- **@rahimjaffer:** Karma is when you get lights-outed in the bathroom for all the times you've done it to others at Weldon #UWO
- **@Patsomlo:** Its going to be extremely hot these few days!!! #ldnont #weather which means ima sweat even more while working out!
- **@kmartinklaas:** Still thinking of the incredible Nicaraguan cacao drink I had & even sweeter music I heard at @HomeCountyFolk. I love #ldnont in the summer.
- **@vvvindya:** #french at #uwo : all courses are online and all textbooks are from previous courses taken. #soeasy

Worth Mentioning

JURASSIC. Manitoba paleontologists have unearthed the bones of several prehistoric sea creatures some 80 million years old.

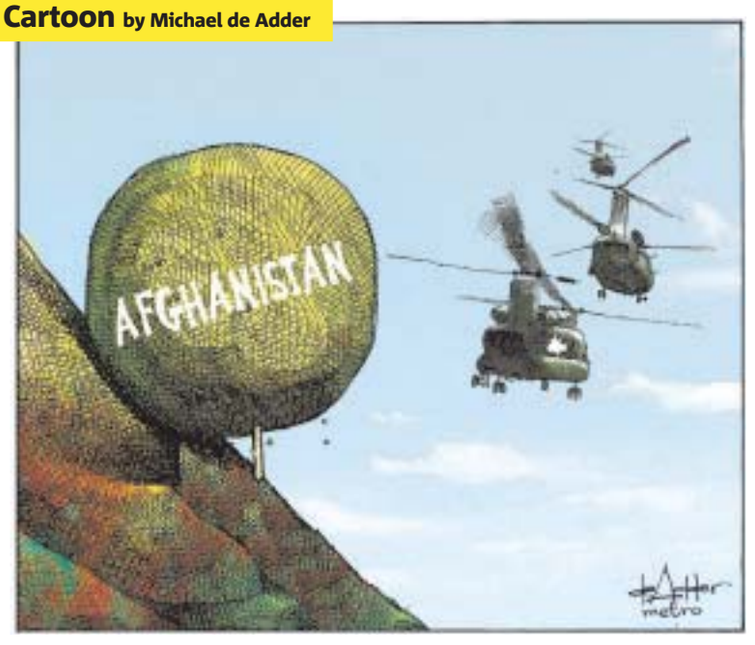
Scientists from the Canadian Fossil Discovery Centre in southwestern Manitoba have dug up two mosasaurs — a huge predatory reptile known as the T. Rex of the sea. The dig site has also uncovered a prehistoric squid and bird skeletons, as well as two other as-of-yet-unidentified fossils.

The museum is already home to the largest mosasaur in Canada — a 13-metre-long creature called Bruce — but curator Anita Janzic said the new find is significant.

"It was not just this big, wide, open sea," she said. "It's giving us some new insight into what the seaway was like — a more shallow marine than some of the other places are thought to be. That is changing how we are looking at the seaway and that, to me, makes this site very interesting." Some of Canada's richest deposits of marine dinosaurs are found in the soil of Morden, about 100 kilometres southwest of Winnipeg.

THE CANADIAN PRESS

Cartoon by Michael de Adder



WEIRD NEWS

If you like mayo, you can lay it on really thick

Who knew a disagreement about mayonnaise could lead to an all-expenses-paid divorce?

With marriage breakups as common these days as coffee runs, at least one well-known consumer product is cashing in on the heartbreak.

Miracle Whip announced its Not for Every Relationship contest, which allows couples to submit videos to the brand's YouTube channel on how the condiment has helped or hindered their relationships.

The winner gets $25,000 towards the cost of a wedding or divorce.

"The Not For Every Relationship contest was inspired by social media conversations about consumers' love or hate for Miracle Whip in the context of their own relationships," Sara Braun, director of Miracle Whip said in a statement.

It is an extension of the company's We're Not For Everyone marketing campaign, which celebrates the lovers and haters of Miracle Whip.

"Knowing the condiment isn't universally loved has given us licence to focus on the notion that it can actually make or break relationships," she said.

TORSTAR NEWS SERVICE

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2 scene

No damsel in distress

The Captain America leading lady is about to be very famous, but she's trying not to think about that

NED EHRBAR
METRO WORLD NEWS
SCENE@METRONEWS.CA

JAY MAIDMENT/MARVEL STUDIOS

▶ Hayley Atwell plays Peggy Carter in Captain America: The First Avenger.

British actress Hayley Atwell has wasted no time in establishing herself. Her first film gig out of drama school was Woody Allen's Cassandra's Dream in 2007. Now she's taking on one of Earth's mightiest heroes in Captain America: The First Avenger as Peggy Carter, a British agent and love interest for the super-soldier who also happens to be quite handy with a machine gun. Atwell sat down with Metro to talk about making her mark, finding good roles and returning to the stage.

Have you thought about how much your profile could be raised once this movie comes out?

No, I haven't. I really haven't. Because you can't really expect anything, really. You're kind of trying to take every moment and experience as it comes, and also be very independent of it and not have too many expectations of how the film will be received.

I hope, if anything, that it would mean that I could get the experience or the opportunity to work with other directors I wouldn't have in the past because they wouldn't have seen my work. So in that respect, I hope that's a positive thing to come out of it, but apart from that I think it's kind of out of my hands. The world will decide what they want to do with it.

Your character is far from a damsel in distress. In fact, she's a hero in her own right.

I loved that in the script and thought she was so strong and capable and a match for him. They needed each other, there was a kind of a weakness in him that she was able to help and to guide.

What I liked about her is — it seemed in the script and I really hope it comes across in the film — she really likes him for who he is. It felt like a very innocent, sweet relationship.

Is it difficult to find roles like that, that are so interesting and well-defined?

There's been amazing roles for women through the ages of film and literature. I don't think there's a shortage of it.

I suppose it's just that there's so many more actresses now, so there's more competition.

But also the fashion of the image of what actresses should look like has, I think, kind of steered the focus away from these incredible qualities that women have to more of the aesthetics, which means some actresses could tend to focus more on that aspect of it.

Not to badmouth anyone at all, but you kind of sometimes watch films and go, 'Really? Is that a good role model? I don't think so.' Surely we've moved on from that.

You're also very active in the theatre, where that problem doesn't exist as much.

I've always wanted to go back and do that because it's always been really important to me, because it does scare the living daylights out of me and keeps me acutely aware of exactly where my skills or my weaknesses are more than anything else.

I feel like on the stage I have more of an opportunity to learn and to work with some real magicians.

How do you think the London theatre scene compares to New York?

I haven't spent enough time in New York in terms of getting a sense of how the plays are, but what I thought was brilliant is the plays that do well in the West End transfer to Broadway — you have Jerusalem or Through a Glass Darkly or the Pride, all this stuff, which is great.

It means that those plays are starting off in Britain and having a life elsewhere. America seems to be very responsive and welcoming to that and wants to kind of celebrate those plays.

But you've got some of the greatest playwrights ever — Tennessee Williams, Arthur Miller, incredible playwrights.

Scene in brief

Garry Shandling is scheduled to get a lifetime achievement award next week at the Just For Laughs comedy conference in Montreal.

Shandling, whose lengthy list of credits includes The Larry Sanders Show, will receive the honour July 29. Shandling first appeared on The Tonight Show with Johnny Carson in 1981 and went on to create the acclaimed It's Garry Shandling's Show in 1986.

The Larry Sanders Show, which ran from 1992 to 1998, received an astounding 78 Emmy nominations.

Shandling recently appeared in Iron Man 2. The Just for Laughs comedy conference runs from July 28 to 30. It's part of the Just for Laughs festival, which wraps July 31.

THE CANADIAN PRESS

Work under way on $650,000 trail to bypass Metallica front man's Northern Calif. property.

JT IS 'SERIOUS' ABOUT THIS ACTING THING

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA

Justin Timberlake is many things: music superstar, a booze baron (he owns a brand of tequila called 901), and all round mogul with a clothing line, restaurants and a record label.

All that at just 30 years of age. But like so many singing stars before him, it seems what he really wants to do is act.

In fact, he once said he believes it was always in the cards for him to be an actor.

"I got a phone call when I was 14 saying that there's a record company that's going to sign me. But two weeks before that, the plan was to drive to Los Angeles for TV pilot season. So I guess everything works out the way it's supposed to."

Fate aside, is his desire to act justified?

From his film debut in the 2000 Disney Channel movie Model Behavior to this weekend's Friends with Benefits, there have been the highest of highs and the lowest of lows.

He's earned praise from his co-stars. "I only had a couple of scenes with him but he did a really great job," said his Alpha Dog co-star Bruce Willis.

But critics and bloggers haven't always been so kind. "Dear Justin Timberlake," read a 2010 blog headline, "STOP ACTING!"

Forgettable supporting roles in flops like Edison, Black Snake Moan and Southland Tales did little to enhance his reputation, but didn't hurt it much either.

Everything changed when he was cast in The Social Network. His take on the fast talking Sean Parker, inventor of Napster and an early supporter of Facebook, was his breakthrough and won praise from critics.

That inspired performance, coupled with hilarious guest shots on Saturday Night Live have earned him the respect of the industry and fans, but he still doesn't have his pick of roles.

GETTY IMAGES

Even though he didn't get the lead in The Green Lantern ("I don't think I'm the superhero type," he joked), he wants everyone to know he's willing to put himself out there.

"I make no bones about the fact that I have always wanted to work in the forum of film." he says.

"I take this seriously."

Watson sets record straight about school

Admits to feeling claustrophobic while living in U.K. because of her fame

ALL PHOTOS GETTY IMAGES

▶ Emma Watson

With the Harry Potter films behind her, Emma Watson is heading back to school, except she'll be attending Oxford University instead of heading back to her U.S. university, according to ABC News.

"I haven't left Brown. I'm still enrolled at Brown. But I'm doing my third year abroad. I'm going to Oxford in the fall to study English for a year," she explains. "I'll go back to the States to do my last year."

Though she does admit that she enjoys how she feels less famous in the U.S. than in the U.K.

"I suddenly felt very claustrophobic. I thought, 'I can't stay here, I won't be able to concentrate, I won't be left alone,'" she says. "I don't want to put a negative light on it, as if I was escaping or anything like that. I think I wanted to meet people my own age and just be normal for a bit." METRO

"I suddenly felt very claustrophobic."
EMMA WATSON

Talking points

Jolie feeds her kids crickets

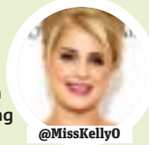
HAVING A HARD TIME BELIEVING CRICKETS ARE LIKE POTATO CHIPS Snacktime at Angelina Jolie's house is an interesting time, the actress admits.

"My boys love to eat crickets. It's their favourite thing," Jolie says in a video for Louis Vuitton.

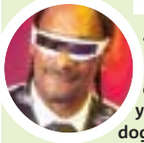
"When I first gave crickets to them I wanted them to not be turned off by something that wasn't their culture. So I bought them — and they ate them like Doritos. They wouldn't stop and brought to-go boxes home."

The boys loved the treat so much, in fact, that Jolie says she had to "ban the cricket-eating because I was afraid they were going to get sick from eating too many. They're good — they're like a potato chip." METRO

Celebrity tweets



"just did a little spring cleaning and found a twix that expired in 1995!"
@MissKelly0



"yall on that google+ yet? add tha dogg ya digg! search "snoop dogg"
@SnoopDogg

"On my first day of the juice cleanse diet"
@ParisHilton

"You never know who you'll run into at the Warner Bros commissary. I just saw the guy who plays that guy on that show. You know - that guy!"
@ConanOBrien

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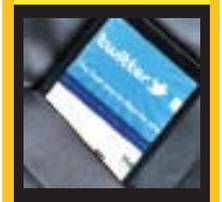
Theatre Festival



Tweeters and bloggers will feel right at home at the second annual Neanderthal Arts Festival, being held July 21-31 at the Vancouver East Cultural Centre (or Cultch).

The festival is creating a dedicated space for smartphone addicts — a so-called Grunt Deck — where they can tell the world about the plays unfolding on stage in real time.

THE CANADIAN PRESS

Wannabe sleuths search for killer, motive at museum scavenger hunts.

Slowing down in Penticton

There's nothing like a little wine therapy and al fresco dining to soothe the senses Retreat to Okanagan's relaxing wine country

GIZELLE LAU
LIFE@METRONEWS.CA

A life lived in the fast lane is never as blatantly obvious as when you're travelling, where access to the Internet — let alone a reliable 3G network — is limited, life/news updates via Twitter are not at your fingertips and there's no such thing as a fast food joint for a quick meal.

On the southern rim of Lake Okanagan, British Columbia's increasingly prominent wine region, you'll find townships like Summerland, Penticton and Naramata where "slow" is a way of life.

Slowing down begins in Naramata at Red Rooster Winery where every Friday morning, yoga instructor Teresa G. Maurer of Re:Flexions Studio in Penticton, leads Yoga D'Vine, a morning of yoga and sun salutes in the vineyard under the bright blue sky, accompanied with a light lunch on the terrace with wine and chocolate tastings.

Next up, more tabletop wine therapy on the massage table at Beyond Wrapture. With four locations throughout the valley, including one Summerland Waterfront Resort, this wine country day spa offers a specialized Vinotherapy Massage. Products like the spa's grape pip scrub and grape-seed massage oil are known to have powerful antioxidant properties and are made in-house using leftover grape pips, stems and skins from the winemaking process.

Finish off the evening at Local Lounge & Grille just steps from the spa, where local cuisine and seasonally inspired dishes set the stage for one of the best wine menus in the region, offering exclusively British Columbia VQA wines from the Okanagan Valley.

Slowing down can also mean ditching the car. Bring your own bike or rent one from Freedom The Bike Shop in downtown Penticton and cycle from winery to winery through the hilly, vine-filled landscape or along the historic Kettle Valley Railway bike trail. If you want to get your feet wet, Hoodoo Adventures offers winery tours via kayak.

In Penticton and nearby areas like Cawston, the centre for organic fruit and vegetable growers in the region, even food gets the slow treatment. Here, a passion for regional produce that has been organically, responsibly and ethically grown overflows in many local chefs, most notably Dana Ewart and Cameron Smith of Joy Road Catering.

During the summer on Thursdays and Sunday nights, Joy Road Catering showcases the terroir and bounty of the Okanagan by turning it into a beautiful, sensual al fresco dining experience at God's Mountain Estate.

Where to stay

- **Families and couples** will enjoy Summerland Waterfront Resort & Spa, where large suites include a living room and full kitchen. Also on property: a café, lounge, restaurant, beach and water sports.
- **For couples,** God's Mountain Estate offers rustic, Mediterranean-style bed and breakfast accommodations in the heart of Okanagan wine country, surrounded by vineyards and stunning views overlooking Skaha Lake.

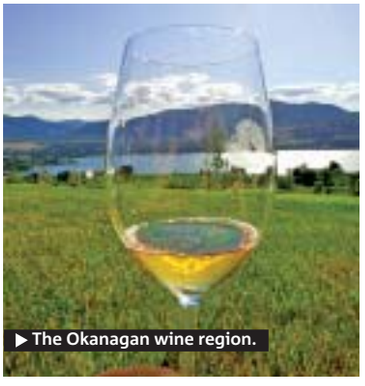
Getting there

Visit the Okanagan by flying into Penticton Regional Airport or Kelowna International Airport via Air Canada or WestJet airlines or take the five-hour drive from Vancouver.

- **For more info:** tourismpenticton.com

ALL PHOTOS GIZELLE LAU

▶ Al fresco dining at God's Mountain Estate with Joy Road Catering.



▶ The Okanagan wine region.

▶ Yoga at the vineyard.

▶ Homemade charcuterie.

▶ Dinner in wine country.

Miami's hot graffiti scene

Once derided as vandalism, graffiti in the form of artistic murals has now become an accepted art form

AP PHOTO/WILFREDO LEE

▶ A graffiti covered wall in the Wynwood neighbourhood of Miami.

Graffiti was once considered a sign of urban decay, the sort of thing that might keep tourists away from a neighbourhood. Now, not only is it an accepted art form, but it's also the subject of a new tour in one of Miami's trendiest neighbourhoods, Wynwood, where legal outdoor murals by graffiti artists cover the walls near art galleries and restaurants.

The two-hour tour — which takes place on Vespas — is offered by a company called Roam Rides. It starts with a 15-minute ride from Miami Beach over the Venetian Causeway to the Wynwood Arts District, considered the mecca of Miami's emerging arts scene, and includes four or five stops to survey the area's best graffiti.

Once considered a rough neighbourhood, Wynwood has become a destination for artists from all over the world. Art galleries abound and events are held here each December as part of the Art Basel Miami Beach art fair. Wynwood is also now home to one of the world's largest installations of murals by multiple graffiti artists.

"It's gotten to be so pervasive and it brightens up the neighbourhood," said Kit Sullivan of Roam Rides.

"It's so not what you would expect of Miami," said Jesse Bull, an economics professor who took one of Roam Rides' recent graffiti tours. "The graffiti has kind of added to that. It livens it up and makes it fresh and artsy and I think that's a good thing."

Guides point out work by different local artists — such as Typoe and Tribe Called Phresh aka TCP — while explaining the evolution of graffiti from the days when artists plastered their names on vacant buildings and train cars as a way to gain street cred.

These days, building owners give permission to artists to spray-paint their designs, and these legal pieces share the walls of dozens of neighbourhood art galleries and chic restaurants.

They're easy to distinguish from illegal graffiti, which is often done fast, in secret and at night, with a single colour or few colours. The sanctioned murals, on the other hand, allow artists to take their time, use multiple colours and work in-depth in large spaces with elaborate details.

"It's definitely a changing art form," Sullivan said. "It's gotten to the point where a lot of these guys don't even use their names at all. They just have a certain distinctive style. You can recognize it when you see it."

For example, artist Chor Boogie's signature work includes geometric elements and half-hidden faces, as well as an eye.

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Honolulu $518
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Travel Sep 6 - Sep 21/ac + taxes & fees $688

Europe

Paris Air + First 2 Nights $349
Citadines Bastille Marais + taxes & fees $474
INCLUDES Bastille accom. Departs Aug 30/vat/ts. ADD Illuminations of Paris tour for $35 per person

Amsterdam Air + First 2 Nights $559
Blue Tower Hotel + taxes & fees $446
INCLUDES central accom. Departs Aug 8/vat/ts.

London Air + 7 Nights $625
Ibis London Earls Court + taxes & fees $422
INCLUDES Earls Court accom with breakfast. Departs Sep 1/thn/wg.

Vacations

Philippines Air + 9 Nights $1329
Lotus Garden Hotel, Tambuli Beach Club East + taxes & fees $432
INCLUDES all airfares, 2 nights Manila accom near Manila Bay and 7 nights Cebu resort-style accom on Mactan Island. Nov 1/ggv/ke/5j.

Thailand Air + 8 Nights $1539
Glow Studios Trinity Silom, Ibis Bophut Samui + taxes & fees $398
INCLUDES Bangkok accom, 7 nights resort-style accom on Chewang Beach, Koh Samui. Departs Oct 31/ggv/ca. ADD all airport transfers from $72. UPGRADE to 4-star Montien Hotel Bangkok and Impiana Resort Chewang Noi for $19 per night.

USA

Las Vegas Air + 4 Nights $275
Imperial Palace + taxes & fees $307
INCLUDES accom on the Strip. Departs Aug 28/swg/wg. UPGRADE to 4-star Luxor for $8 per person.

Orlando Family Special Air + 7 Nights $199◊
Champions World Resort + taxes & fees $281
INCLUDES accom near theme parks. Price per person is based on family of 4. Departs Aug 7/ggv/ts.

Chicago Air + 3 Nights $419
Chicago's Essex Inn + taxes & fees $108
INCLUDES accom on Michigan Avenue. Departs Aug 14/ggv/dl. UPGRADE to 4-star Westin Michigan Avenue for $29 per night.

Phoenix Air + 3 Nights $469
Point Hilton Squaw Peak Resort + taxes & fees $125
INCLUDES accom in the Phoenix North mountains. Departs Oct 9, 16, 23/ggv/co. UPGRADE to 4-star Arizona Biltmore Resort and Spa for $41 per night.

San Francisco Air + 3 Nights $579
Stratford On The Square + taxes & fees $134
INCLUDES Union Square accom. Departs Nov 30/ggv/us. UPGRADE to 4-star Marriott San Francisco Marquis for $28 per person. ADD hop-on, hop-off City Tour from $39 per person.

Canada

Kitchener-Waterloo Oktoberfest, 2 Nights $169
Hampton Inn & Suites Kitchener taxes & fees included
INCLUDES accom with breakfast during the Oktoberfest opening weekend. Travel Oct 7/ggv.

Cottage Country 3 Nights $399◊
Elmhirst's Resort taxes & fees included
INCLUDES lakeview, self-catering cottage accom with private dock on Rice Lake in the Kawarthas. Boat rentals available. Price is per person based on a family of 4. Travel Aug 12/ggv.

Halifax Alexander Keith's Natal Day Air + 3 Nights 4.5-Star $689
Delta Halifax Hotel + taxes & fees $158
INCLUDES downtown accom during the celebrations of the city's 116th birthday and three time Mayor, Alexander Keith. Depart Jul 29/ggv/ac.

Vancouver Air + 6 Nights $899
Sandman Hotel City Centre + taxes & fees $225
INCLUDES downtown accom. Departs Sep 5/ggv/wg. ADD 2-Day hop-on, hop-off trolley pass for $40. ADD a Zip Trek tour in Whistler, BC for $129.

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Drink of the week

Banana Split Smoothie

Start your active day with this fruit, yogurt and chocolate milk smoothie.

- 500 ml (2 cups) chocolate milk
- 500 ml (2 cups) strawberry yogurt
- 250 ml (1 cup) frozen or fresh strawberries
- 1 banana

In blender, puree all ingredients at high speed until smooth. Garnish glasses with straws and fresh fruit.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

Great eats, no effort required

With the summer weather making everyone dread standing over a hot stove for too long, a sandwich-and-salad combo is perfect This isn't your regular ham and cheese on toast

In a moment of vacation desperation, my son's dream sandwich was born.

It was late. My son was hungry, tired and cranky. We'd just arrived at our rental apartment and there was virtually no food in the refrigerator.

All I could scrounge were a couple slices of whole-wheat bread, a bit of sliced ham and some cream cheese. So I combined them into what was a surprise instant (and much lauded by the six-year-old set) hit that went on to become my son's new go-to sandwich.

Now that we're back home, I decided to play with it a bit and see if I could up the nutrition.

After all, if my son is going to eat this sandwich all the time, the bread shouldn't be the peak of its nutritional profile.

So I added some baby spinach and oil-packed sun-dried tomatoes. Now it wasn't just delicious, but also ever-so-slightly more nutritious. The flavours also were significantly more sophisticated. Which meant I no longer minded indulging in one myself.

Though I call for toasting the sandwich, you can skip that part. You also can toast it, then let it cool and pack it for lunch. The toasting adds a pleasant crunch that is nice even when the sandwich isn't warm.

Ingredients:

- 60 g (2 oz) cream cheese
- 2 slices whole-wheat sandwich bread
- 125 ml (1/2 cup) baby spinach leaves
- 5 oil-packed sun-dried tomatoes, drained and patted dry
- 3 slices deli-sliced ham
- Ground black pepper
- Cooking spray

Preparation:

1. Spread cream cheese evenly over 1 side of each slice of bread. Top 1 slice with spinach, sun-dried tomatoes and ham. Season ham with black pepper, then finish sandwich with remaining slice of bread, cream cheese side in.
2. Heat small skillet over medium. Coat pan with cooking spray. Add sandwich and toast for 4 minutes on each side. Serve immediately.

THE ASSOCIATED PRESS

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ Toasting the sandwich offers a great contrast to the cream cheese.

Pair your sandwich with this Tomato and Arugula Salad, splashed with a tangy mustard vinaigrette

Salad days are definitely in full swing and this tomato and arugula choice splashed with grainy mustard and citrus vinaigrette is a real winner.

Preparation:

1. Into a bowl, juice fruits and strain pulp. Add mustard and honey to juice and stir well. Whisk in oil and season with salt. Add chives. Vinaigrette will keep in the fridge for at least a week.
2. Arrange sliced tomatoes on individual plates in a circle (4 slices per plate). Place red onion rings on top of the tomatoes but away from tomato edges. Place 5 orange sections around onion rings closer to centre. Cut stems off arugula close to the top, wash. Place bunch in centre of each plate. Dress the salad with vinaigrette and serve immediately.

THE CANADIAN PRESS/ MAILLE.CA

Ingredients:

Mustard and Citrus Vinaigrette

- 3 pink grapefruit, juiced
- 2 limes, juiced
- 2 lemons, juiced
- 3 oranges, juiced
- 30 ml (2 tbsp) grainy mustard
- 30 ml (2 tbsp) honey
- 50 ml (1/4 cup) canola oil
- Salt, to taste
- 15 ml (1 tbsp) chopped chives

Tomato and Arugula Salad

- 6 bunches arugula
- 250 ml (1 cup) whole-grain mustard and citrus vinaigrette
- 3 to 4 fresh tomatoes, cut in 0.5- to 1-cm (1/4- to 1/2-inch) thick slices
- 1 to 2 red onions, peeled and thinly sliced
- 3 to 4 oranges, peeled and cut into wedges between pith

From lunch to landing the job

STUDENT VOICE

AKSHAY KOCHAR
TALENTEGG.CA

It was March, university would be done in another month and I had yet to put any thought into what I wanted to do next. It didn't help that everyone would ask, "So, you're almost done. Any jobs lined up?"

I'm sure every student reading this can relate.

During that time, I was interning at Guardly, a position I had obtained after seeing it on TalentEgg. I was learning a lot about the technology community in Toronto, and was amazed at the quality of start-ups that the city was producing. During this internship, and with a little help from one of my university professors, I found Agility CMS, a content management company.

I contacted one of the co-founders and introduced myself. Thankfully, he was willing to take some time out of his day to do an informational interview with me over lunch. This was a great experience as it allowed me to learn more about his company and the industry as a whole.

We kept in touch after that lunch via email and, about a month later when a position became available, he asked me if I was interested in going through the interview process.

So, one lunch interview, two phone interviews, two in-person interviews and a full reference check later, I graciously accepted Agility's offer to become their new project co-ordinator.

I strongly urge employers to take the risk on recent graduates.

Find out more about which program they took and what types of courses were involved. There are so many new programs out there that give students a tremendous amount of knowledge and experience.

For instance, the Digital Enterprise Management program at the University of Toronto Mississauga enables students to learn about business, marketing, design, project management and entrepreneurship. This broad skill-set allows the recent graduate to apply themselves in a vast array of positions in any company.

Sure, someone who has worked in the industry may have some advantages over a recent graduate, however, I can confidently say that because recent graduates have the urge to continue learning, they can apply themselves just as efficiently.

For students, I cannot stress enough the importance of networking in any way possible.

Whether it's at a formal networking event or in the line-up of a fast food restaurant. Perhaps the person about to order a foot-long chicken teriyaki sub is actually the CEO of that marketing company you've been trying to apply at. Be ready, your elevator pitch just became your Subway pitch.

It is also important to build a personal relationship with the company you are trying to apply to. The best way to do this is to send an email to whomever you think can help you obtain the position you want. This could be the VP of the department you want to work in, or the head of HR.

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What I learned

Key take-aways from Akshay's experience:

- Informational interviews are a great way to learn about an industry or a specific job within an industry. They also provide you with a contact that could, if you're lucky, lead to a job down the road.
- Look for jobs in unconventional places and always be prepared with a quick pitch that explains what you can bring to the company.

SUBMITTED

▶ Akshay Kochar advises recent graduates to show initiative. If you find out about a job through LinkedIn, he suggests emailing the person who posted directly rather than applying through the website.

Where Akshay is now

Although I received another job offer (besides Agility) about one month after graduating, I knew the position with Agility better suited my skills and had more potential for growth. So, although I had yet to obtain the position with Agility, I took a risk and turned down the first offer. Then, I did everything possible to ensure I received that second offer.

Thankfully, I did receive an offer from Agility and will be starting my role as Project Co-ordinator in the near future!

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4 sports

Canadian gets the assist

- Hesjedal helps Hushovd win rainy 16th stage of Tour de France
- Voeckler still leads race, but Contador and Evans make gains

Canadian Ryder Hesjedal raised his arms in jubilation as he crossed the finish line yesterday.

The 30-year-old from Victoria was third, but he had just scored a glorious assist to help Garmin-Cervelo teammate Thor Hushovd win the 16th stage of the Tour de France.

Hesjedal, who came into the stage 32nd overall in the standings, attacked midway through the 162.5-kilometre course. While others fell back or launched their own attacks, he persevered.

There were just three men left in the rain as the finish line neared: Hesjedal and two Norwegians, Hushovd and Edvald Boasson Hagen.

The Canadian led the way, looking back at Hagen on his shoulder as he shifted position in the final sprint. Hushovd, one of cycling's marquee men, hung back and then accelerated while Hagen wasn't looking. He rocketed over the line, with his Norwegian rival second and a delighted Hesjedal third, two seconds behind.

It was Garmin-Cervelo's fourth stage win of the Tour.

"It was great. This Tour's been so good for our team," Hesjedal told The Canadian Press.

"For me, there's been highs and lows. To have a big high today and ride well, it's definitely going to be remembered."

"To be able to push the pace and get close to the win and make the win happen for the team — it doesn't get better than that."
RYDER HESJEDAL

Hesjedal showed his endurance during the stage and then his smarts at the end.

"Thor's obviously one of the fastest guys in the world and so is Edvald, so we just had to make sure we played it exactly right to come up with the victory," he said.

Hesjedal's own general classification hopes were dashed the first week when he lost time and was hurt in a crash on Stage 7.

But he continues to ride for the team, supporting American Tom Danielson while contributing to the Garmin-Cervelo overall campaign — the times from the top three riders from each squad is counted in the team standings.

Hesjedal was seventh in last year's race, when he had two fourth-place individual stage finishes.

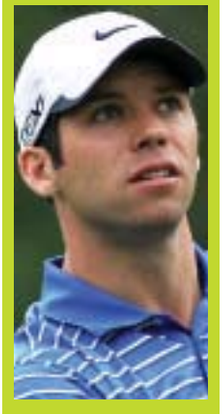
He moved up four places to 28th overall after his heroics yesterday and stands 20 minutes 36 seconds behind leader Thomas Voeckler of France.

THE CANADIAN PRESS

LAURENT REBOURS/THE ASSOCIATED PRESS

▶ Ryder Hesjedal celebrates as teammate Thor Hushovd crosses the finish line yesterday.

Quoted



"It's actually got players talking on Tour, which is kind of cool. I think RBC is on to something by taking (the tournament) around Canada to the best golf courses they can find."

ENGLISH GOLFER PAUL CASEY, EXPRESSING HIS APPROVAL FOR BRINGING THE CANADIAN OPEN TO VANCOUVER'S SHAUGHNESSY GOLF AND COUNTRY CLUB. THE TOURNAMENT STARTS ON THURSDAY.

Scan code for more sports news.

Lightning lock up Stamkos until 2016

Steven Stamkos finally has a new deal with the Tampa Bay Lightning.

The 21-year-old forward signed a $37.5-million US, five-year contract extension yesterday, ending a set of negotiations that extend all the way back to last year.

"I am excited we were able to reach an agreement today," Stamkos said in a release. "This was obviously very important to me ... There is no place I'd rather be than as a member of the Tampa Bay Lightning."

Stamkos had been a restricted free agent since July 1 and there was much speculation he'd be the target of an offer sheet.

Stamkos will receive $8 million each of the next four seasons and $5.5 million in 2015-16.

THE CANADIAN PRESS

Sports in brief

NBA releases schedule

OPENER. The Toronto Raptors will host the Philadelphia 76ers to open their NBA schedule — if the season begins on time. The NBA released its complete 2011-12 schedule yesterday despite being in a lockout. **THE CANADIAN PRESS**

Rangers raise railings

MLB. The Texas Rangers plan to make all the protective railings at their stadium the same height, raising some as much as 30 centimetres to make their stadium safer following the death of a fan. **THE ASSOCIATED PRESS**

Engine

The Accent's slick new body styles are matched with an equally slick 1.6-litre engine that produces 138 horsepower and 123 pound-feet of torque. Both numbers are substantially better than the outgoing 1.6's 110 horses and 106 pound-feet.

Since the Accent's curb weight remains essentially unchanged, the higher output gives the Accent considerably more pep.

Shape: All in the family

The sedan's new sheetmetal contains Hyundai's familial shape that has already been imprinted on the Sonata and Elantra models, especially the deeply sculpted crease extending along the doors and fenders and ending with a hiked-up rear deck.

The same is essentially true for the wagon-like hatchback, although its sweeping roofline, curvaceous liftgate and dominating taillamps make it the most practical Accent and arguably the best looking of the two.

Direct injection, emissions

The new powerplant benefits from the latest in engine-building technology, including direct injection whereby precise amounts of highly pressurized fuel is sprayed into the combustion chamber (instead of through the intake manifold) which means more power and reduced emissions.

As well, a special hard diamond-based coating has been added to the engine's camshaft components to reduce valvetrain friction.

▶ Hyundai's focus used to be on inexpensive transportation – period. But now you can add style, pep and fuel economy to the description.

Finally there's an Accent that boasts style

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

What took Hyundai so long?

For six long model years (2006-'11), the Korea-based automaker kept churning out the same basic Accent econo-car while the competition was busy updating or completely renewing its basic-transportation offerings.

Whatever the reason, the long wait ends now with the release of the fourth-generation Accent duo.

The outgoing two-door hatch and four-door sedan could never be considered the sharpest models on the lot. With their understated blob-like shapes, both represented the last vestiges of Hyundai's school of anonymous automotive styling and would have made ideal conveyances for those entering a witness-protection program. They also remained relatively spartan and lacked the assortment of standard and optional features that customers expect in their small cars these days. All that has passed. The 2012 Accent, still available in four-door sedan and hatchback formats, appears to be yet another game-changing model for Hyundai. This one should present a formidable challenge to such pack leaders as the Honda Fit, Ford Fiesta and Mazda2, to highlight just a few.

Given the sedan's $14,700 on-the-street base price, it appears that small-car power, hospitable roominess, fuel efficiency and affordability are at the top of the Accent's menu. And at long last, so is style.

5 drive

By comparison

Ford Fiesta
Base price: $14,500
Good-looking sedan and hatch models feature Euro-style handling.

Honda Fit
Base price: $15,900
Class-leading, fun-to-drive wagon features a versatile interior.

Mazda2
Base price: $15,500
Sporty, fuel-sipper looks great. Slick-shifting manual gearbox a real treat.

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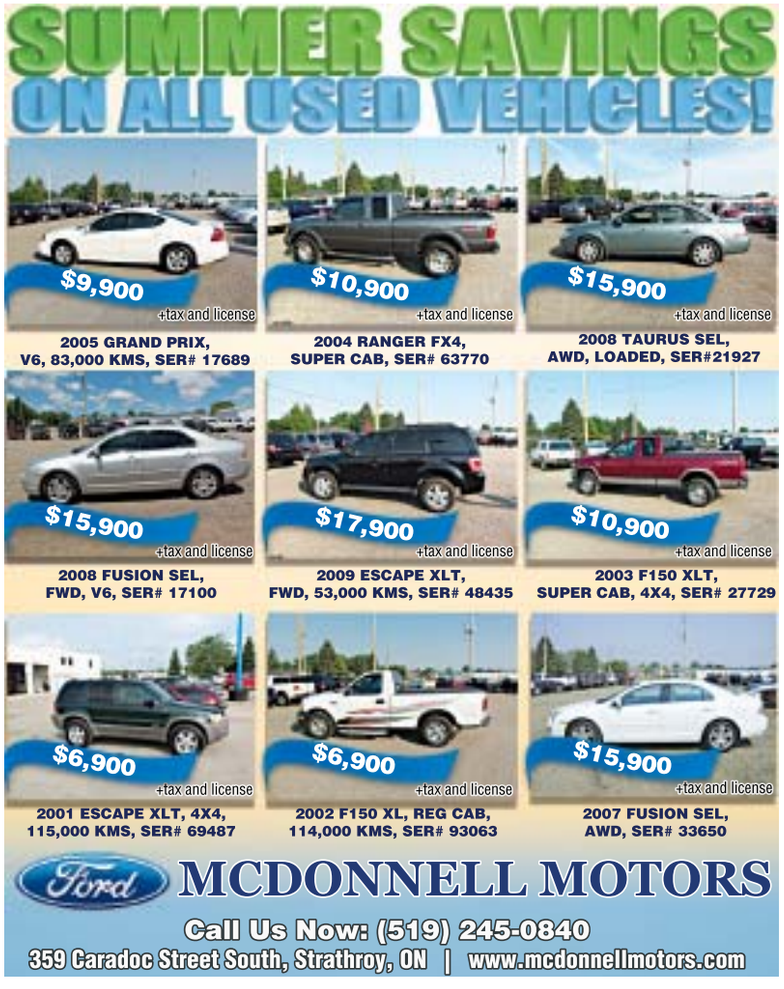
BACKING UP HARDER THAN BREAKING UP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CONTRIBUTED

▶ Say "cheese." A rear-view camera can shoot the driver the image of these bicycles, which are in this SUV's blind spot.

And this is real, physical hurt, not that flakey emotional stuff you can fix with a bit of Haagen-Dazs.

"Backing up is the highest risk activity you can do with a vehicle," says Brain Patterson of the Ontario Safety League. "If a crash is the result of a low-speed impact, chances are someone was backing up."

The Ontario Safety League has been around since 1913 and is recognized as one of North America's leading traffic safety organizations. Its mandate is "safety through education." Needless to say, the League has looked at a lot of carnage since 1913.

"We seem to be making headway in a whole bunch of areas," notes Patterson.

"But there are two areas that are constantly at issue. Male drivers between 16 and 24. And crashes involving backing up."

Patterson has a few theories on why backing up is still a heavy hitter on the unsafe scene.

He feels a lot of people don't do it enough to get proficient at it. And he feels people are just less courteous these days. "I'm walking through a parking lot, say at a shopping mall. I see you backing up, but instead of walking in front of the vehicle, I keep walking behind your moving vehicle."

Patterson and I were speaking at a parking lot, where Canadian Tire was allowing media to sample its exclusive line of back-up related safety products from Yada: Rearview Mirror Back-up Camera with Speakerphone (via Blue Tooth); Dash Mounted Back-up Camera; Back-up Sensor System; Blind Spot Assist System.

These safety systems are becoming increasingly available on new vehicles, especially on larger and/or luxury ones. And good thing, too. Because as Mandi Paquin-Johnson of Canadian Tire notes, "bigger vehicles mean bigger blind spots."

So if you're not quite ready, willing, or able to shell out for a new vehicle equipped with all these features, you now have the option of adding them to your current ride. The Yada line runs from $149 to $249 (plus installation, though some folks will be able to do it themselves).

There are more break-up songs than back-up songs, which is strange, because more people get hurt backing up.

I think rear-view cameras are awesome. Not only do they allow you to back up with precision, they flush out any low-lying obstacles (or small folk!) that are directly behind your vehicle, and therefore undetectable from any side or rear-view mirror. Patterson notes these electronic systems are especially helpful to drivers who have physical limitations, especially with upper body mobility.

Of course there is a caveat… "They don't replace good driving practices. They enhance good driving practices," says Paterson.

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Sportiness and style in a crossover

Rogue loved for fuel-efficient performance and handling

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

What's the 4-1-1

- **Model:** : 2008 to 2010 Nissan Rogue.
- **Vehicle type:** Crossover SUV.

Nissan's replacement for the XTrail, Rogue competes with machinery like the Ford Escape, Dodge Nitro and Honda CR-V with an eye for sportiness and style.

All Rogue models got a 2.5-litre, 170-horsepower four-cylinder engine with a Continually Variable Transmission (CVT) with available paddle-shift.

Front-wheel drive was standard, and four wheel drive was optional. Rogue's AWD system featured automatic operation and a "lock" mode for low-traction situations.

Trim designations include "S" for a more basic Rogue, and "SL" for higher-end models. AWD, not surprisingly, denotes the presence of the AWD system on either trim level.

JUSTIN PRITCHARD/FOR METRO

▶ Nissan Rogue

What Owners Like

Rogue owners typically rave about a comfortable ride, plenty of features for the money and the machine's unique design. Most also claim to experience great fuel mileage. Sporty handling and all-weather traction round out the list of owner-stated positives.

What Owners Dislike

Numerous Rogue drivers complain of limited rearward visibility that translates into difficulty parking, as well as a small and "busy" instrument cluster. Some owners wish for a quieter ride and more headroom, too.

Common Issues

When test driving a Rogue, be sure to travel at parking-lot speeds with the stereo and climate control fan off, listening for any strange noises from the transmission.

Clicking, grinding, grumbling and popping sounds should not be considered normal, and have been reported by several owners ahead of an in-warranty transmission replacement.

In some cases, a computer reprogramming may solve the CVT noise problem. In either case, if the transmission in the Rogue you're considering is making any strange noises, be sure to have it checked out.

An inspection by a Nissan-trained mechanic is advised for any used Rogue ahead of purchase.

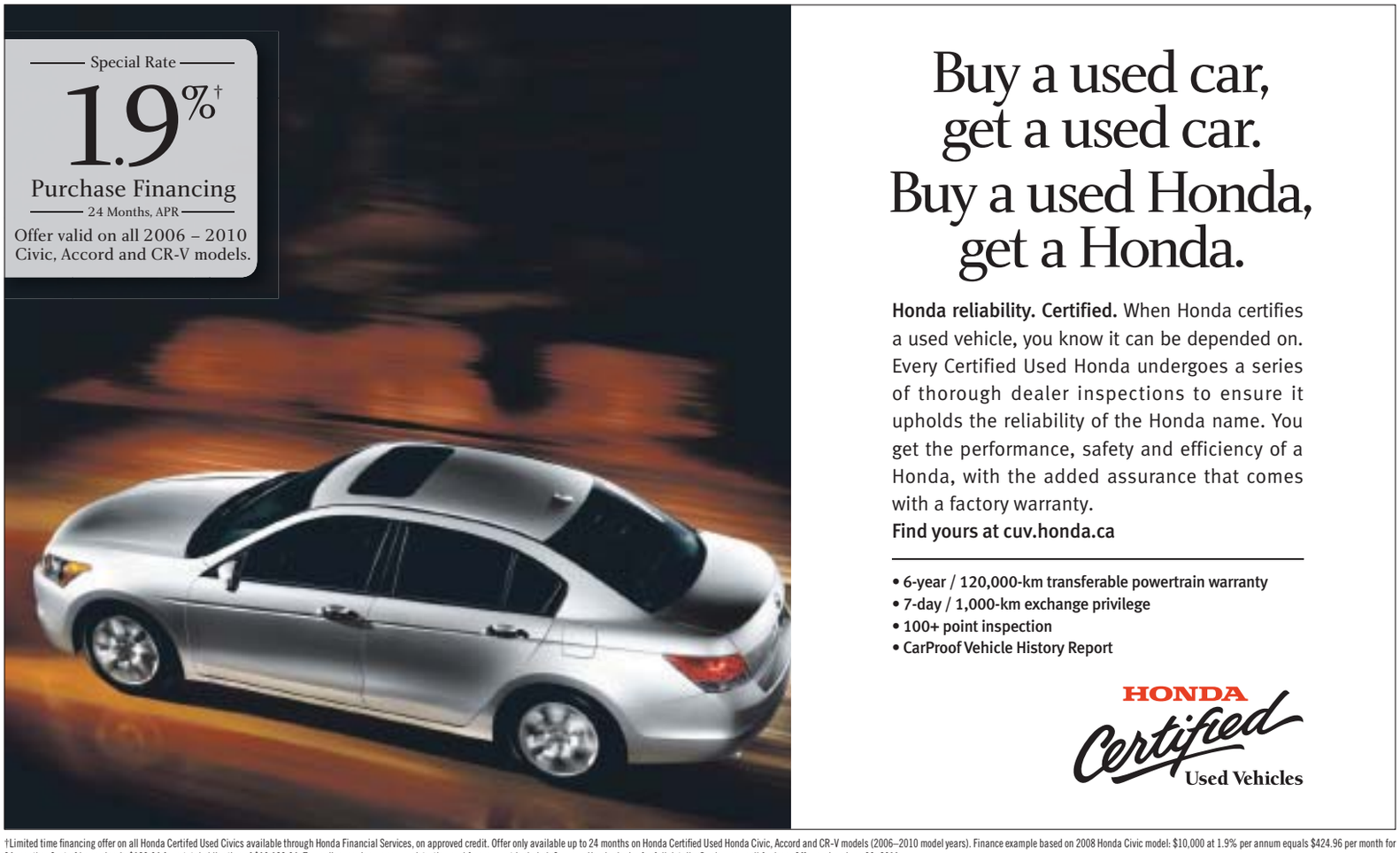
A full check of all cabin electronics is advised, as is a check of the carpeting in the wheelwells and cargo area for potential water leaks from the sunroof drain tubes or hatch seal, respectively.

The Verdict

A used Rogue will likely provide owners with satisfying fuel economy, all-season performance and driving dynamics — though shoppers should seek out a clean bill of health for the CVT transmission from a Nissan mechanic before purchase.

A newer model with plenty of factory warranty remaining is the safest bet.

Check out Justin's video car reviews online at youtube.com/mr2pritch.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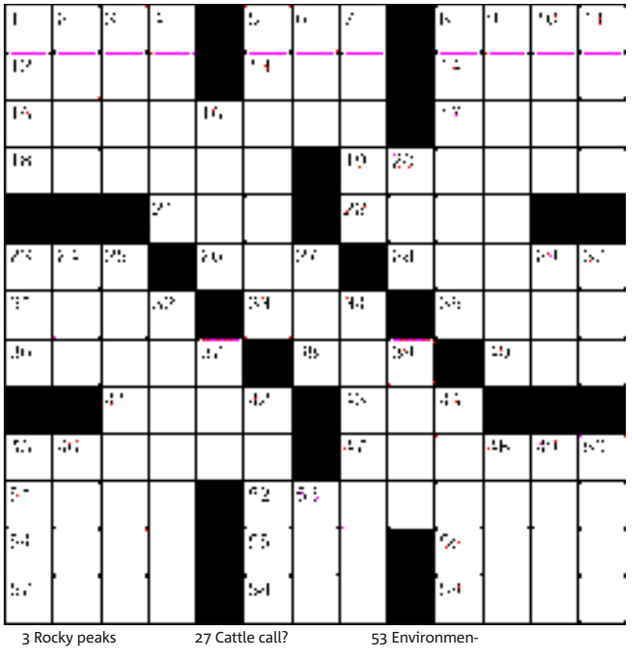


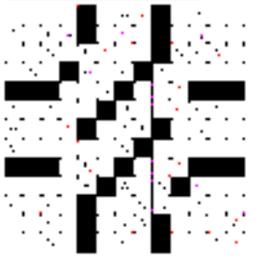
Across

1 Greek cheese
5 Chatroom chuckling
8 Birds, to Brutus
12 Shakespeare's river
13 Anger
14 Bound
15 Backbone
17 Killer whale
18 Store grain
19 Slow tree-dwellers
21 Round Table address
22 Stereo hookup
23 Restroom, for short
26 $ dispenser
28 "Pomp and Circumstance" composer
31 Detail
33 Thee
35 Meditative exercise
36 See-through wrap
38 Switch positions
40 Sauce source
41 Trampled (on)
43 Witnessed
45 Twist in pain
47 Adhere
51 Risque
52 Upright
54 Always
55 6-Down's surface
56 Gloomy
57 Untouchable Eliot
58 Despondent
59 Coop group

Down

1 No. 1 choice (Sl.)
2 Divisible by two
3 Rocky peaks
4 Those opposed
5 Freedom
6 Bobby of hockey lore
7 Dog walker's need
8 Without friendliness
9 Dizzying symptoms
10 Apiece
11 Hot tubs
16 Director Kazan
20 Falsehood
23 Fleur-de- —
24 One-time link
25 Polygonal points
27 Cattle call?
29 In bygone days
30 Shaft of light
32 Constant sufferers
34 Remove a lightbulb
37 Japanese theater
39 Sodium chloride
42 Beelzebub
44 Consider
45 Small songbird
46 Carry on
48 Farm fraction
49 Futile
50 "Desire Under the —"
53 Environmentally friendly

▶ Yesterday's answer



Sudoku

	4		9		2		6	
	6	9	3		4	8	7	
4			7		9			1
		5	1		8	6		
7			2		5			9
	5	1	8		7	4	3	
	9		5		6		2	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Dark Skinned,
Hi, you were jogging in Island lakes Sunday morning, tanned, ponytail, and a beautiful smile. Just wanted to say WOW, are you ever beautiful !!!!!!
JOGGING PARTNER

my courtney
happy birthday! i can't wait to spend the whole day with you. i love you.
YOUR ANDREA

Baby Prince
u taught me how 2 luv sum1&wat real luv is. Baby I luv da way u hold me, kiss me, smell me(hehe), bite me(although it hurts hehe).. Baby Prince!I need u not b/c u need me, but b/c my life is meaninless w.o u..Happy Anniversary I luv u!
BIG HEAD

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Where travel plans are concerned today, be flexible and give yourself plenty of time.

♉ Taurus April 21-May 21 You appear to have strayed off track and need to get back on course, both in private affairs and in work.

♊ Gemini May 22-June 21 A little of what you fancy will do you good but there is a danger that a little could easily become a lot.

♋ Cancer June 22-July 22 Decide what your number one priority is and stick to it. Show some of that Cancerian tenacity.

♌ Leo July 23-Aug.23 You may be tempted to cut corners, but what happens if your superiors don't like the result and you must do it over?

♍ Virgo Aug. 24- Sept. 22 Tone down your act a little and keep a low profile today.

♎ Libra Sept. 23-Oct. 23 If someone tries to find out more about your life than you want known, make your displeasure obvious.

♏ Scorpio Oct. 24-Nov. 22 It might be wise not to trust every thought that enters your head today — and certainly don't tell other people about them.

♐ Sagittarius Nov. 23-Dec. 21 You may have to work with someone you would much rather keep at arm's length. It'll be OK.

♑ Capricorn Dec. 22-Jan. 20 If you take a silly risk at work, you won't do your reputation good.

♒ Aquarius Jan. 21-Feb. 18 Sometimes you don't say enough, but today you will say the right amount to the right person, in exactly the right tone of voice.

♓ Pisces Feb. 19-March 20. Someone has been critical of your efforts recently, but is what he or she said true? SALLY BROMPTON

Caption contest

GERO BRELOER/THE ASSOCIATED PRESS

NG HAN GUAN/ THE ASSOCIATED PRESS

WIN!

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